

Bodywork Practices

Keep yourself safe and free from injury

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BODYWISDOMYOGA.CA

Integral to the practice of yoga and pilates is your responsibility to keep yourself safe and free from injury by honoring and listening to the signals that your body is sending you. This is why breathing throughout your practice is of the utmost importance. Remember to always breathe and move with ease and steadiness.

The Body Wisdom approach is based on the premise that “less is more”. Proceeding along this basis allows us to develop a sense of “effortless effort” so that the extraneous hardworking muscles are released and the core support muscles of the body can offer efficiency in movement.

Without exception, avoid any movement or posture that causes pain or discomfort. This may be a signal that you may be doing the posture or exercise wrong and then we would explore how to modify them in a way that is beneficial and correct.

If you have any acute or chronic injuries or if you are pregnant, consult with your doctor before you begin a yoga or pilates program. If you join a program we will work together to help rehabilitate the area of concern and modify the program to suit your needs.

If you decide to commit to a yoga or pilates program, the benefits may be felt immediately or over a period of weeks. Remember that your body and mind will experience changes that are felt in a variety of ways. It is important to be aware of these changes and to accept them as part of the learning process. At Body Wisdom, our intention is to cultivate a practice—a developmental process—which focuses on developing mindfulness, awareness and presence.

Incorporating yoga and pilates throughout your day for as little as 15 minutes can be just as beneficial as attending class twice a week.

It is best not to practice on a full stomach and to drink plenty of water after your practice.

It is best to arrive 5-10 minutes before class to settle in and to wear comfortable clothing that allows freedom of movement.

ABOUT ESTHER CIERI

ESTHER CIERI IS A CERTIFIED HATHA YOGA TEACHER AND A CERTIFIED MEMBER OF THE FEDERATION OF ONTARIO YOGA TEACHERS. ESTHER OWNS AND OPERATES BODY WISDOM, A COMPANY THAT OFFERS YOGA AND PILATES AS WELL AS CORPORATE WELLNESS PROGRAMS IN THE GREATER TORONTO AREA. VISIT BODYWISDOMYOGA.CA OR CONTACT HER AT ESTHER@BODYWISDOMYOGA.CA AND 416-809-8629.